

Information

The course will be set up as a circuit. Time is the major component for this course. However, these exercises must be done correctly and safely.

All applicants should have the following prior to participating in the Agility Test;

- Gloves
- Comfortable Shoes (tennis or gummed sole shoes are recommended)
- A signed Doctor/Nurse Practitioner Release Form

You should attempt to complete each station as quickly and safely as possible but remember each exercise must be done correctly.

If any applicant fails to observe the instructions regarding markers, start/finish lines, areas of required assistance or in any other way refuses to comply with the instructions the applicant will be disqualified from further participation in the agility test and will no longer be considered for employment.